



Nutrition and WIC Update

Celebrate Screen-Free Week: April 30—May 6, 2012

Adapted from article by National WIC Association

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National WIC Association is proud to officially endorse Screen-Free Week (April 30-May 6), the annual celebration where children, families, schools and communities turn off screens and turn on life. Please visit www.screenfree.org to join the fun and to download your free Screen-Free Week Organizer's Kit. The kit is packed with fact sheets, great suggestions for screen-free activities, pledge cards and more!

We all know that [children spend far too much time with screens](#): an astonishing average of 32 hours a week for preschoolers and even more for older children. Excessive screen time is harmful for children—it's linked to poor school performance, childhood obesity, attention problems and the erosion of creative play.

Screen-Free Week (formerly TV-Turnoff Week) is a wonderful way to help children lead healthier, happier lives by reducing dependence on entertainment screen media—including television, video games, computers and hand-held devices. By encouraging children and families to unplug, Screen-Free Week provides time for them to play, connect with nature, read, daydream, create, explore and spend more time with family and friends.



How Does Your Clinic Measure Up?

Patrice Thomsen, MS, RD, LD

Here is a common observation from Management Evaluations. Read it and see how your clinic measures up.

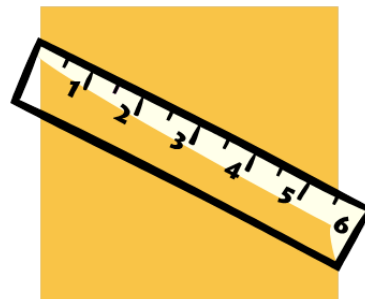
Formula Return and Disposition

Policy: FCI 02.05.00 Documentation and Use of Returned Formula

<http://www.kansaswic.org/manual/>

[FCI_02_05_00_Documentation_and_Use_of_Returned_Formula.pdf](#)

Observation 1: Usually the Documentation and Use of Returned Formula form was being utilized correctly, however in some cases return or disposition of formula was not recorded in the client's KWIC record.



Correct Procedure: Information must be recorded not only on the form but also in KWIC. And the information (e.g. number of cans) should match! This information is automatically created in a note if you use the Re-issue Formula function of KWIC. If you provide formula from returned stock or simply accept returned formula without providing other formula, then you need to make a note in KWIC.

Observation 2: A client brought back unused formula from a previous month's benefits and staff exchanged it for the new formula from returned stock. The client also was issued checks for a new month, with a first day to use starting the same day the formula was given from returned stock. Result? The client was provided more than the maximum allowed food benefit in a one month period. Over-issuance of benefits is a major issue for even one occurrence. Monthly maximum amounts of infant formula are listed in policies FCI 02.01.01 through FCI 02.01.01. http://www.kansaswic.org/local_agencies/policy_procedure_manual.html

Correct Procedure: Do not exceed monthly maximum benefits. If a caregiver returns formula from a previous issuance, when current active checks can be (or have been) issued, staff members should not issue replacement formula. Instead staff should simply thank the client for returning the formula because clients are not to sell or give away unused formula/food. (And remember to record information on the Documentation and Use of Returned Formula log and make an explanatory note in the client's KWIC record.)

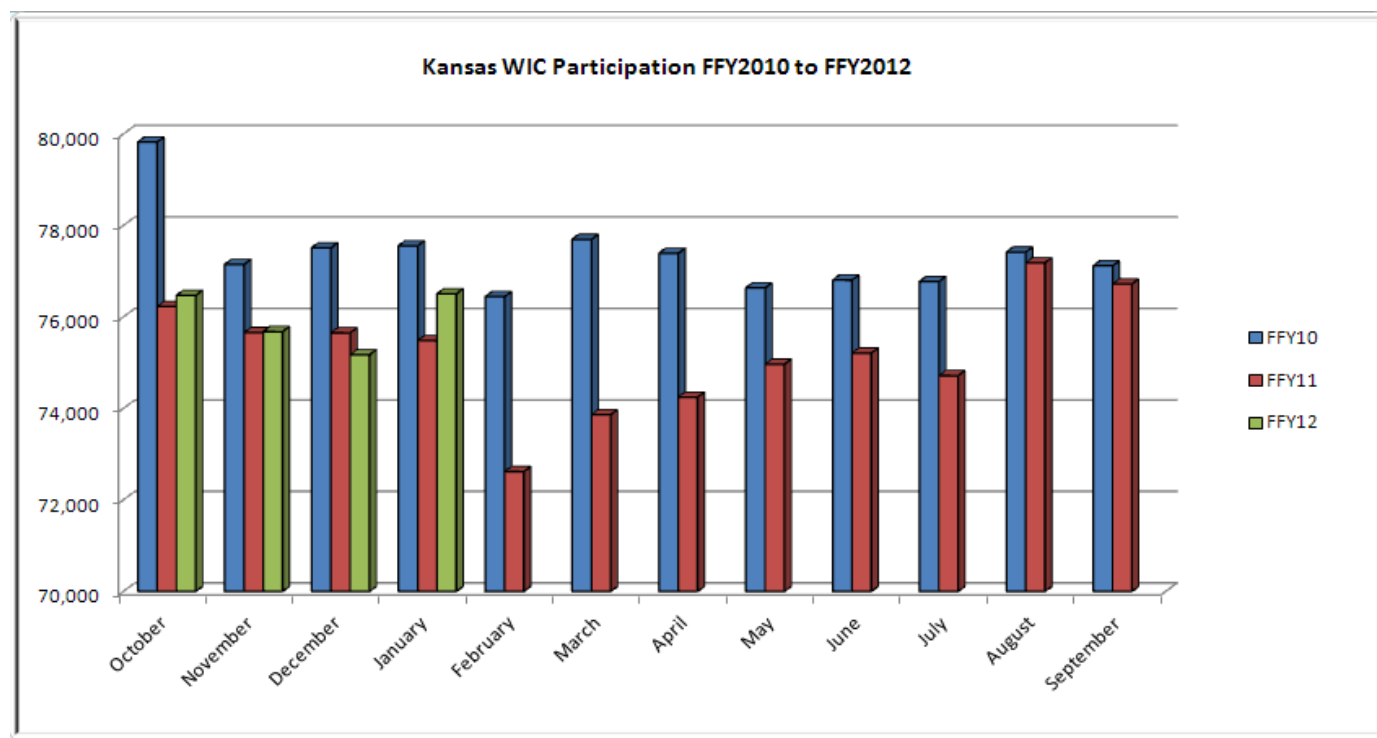


Kansas WIC Numbers—Where Are They Going?

Rachelle Hazelton, Program Consultant

In Kansas, WIC participation numbers have been on a roller coaster ride the last couple of Federal Fiscal years (FFY). In October 2009 (FFY2010), Kansas hit an all time record high in the number of participants being served, with 79,824. Then in February 2011 (FFY2011), participation dipped as low as 72,619, which Kansas has not experienced since April 2008.

After February 2011 (FFY2011), participation started to rebound slowly over the next several months before peaking in August 2011 (FFY2011) with 77,183 participants. When FFY2012 started, participation numbers were slightly under where FFY2011 ended, but have continued to roller coaster and are once again on the rise. As you can see it has been very difficult to predict where our participant numbers will be for the remaining FFY and future years.



Nutrition Information Now Available On Meat, Poultry Products

Adapted from USDA Press Release

As of March 1, American consumers now have convenient access to nutritional information about the raw meat and poultry products they most frequently purchase. Under a new U.S. Dept. of Agriculture (USDA) Food Safety and Inspection Service (FSIS) rule, packages of ground or chopped meat and poultry, such as hamburger or ground turkey, now feature nutrition facts panels on their labels. Additionally, 40 of the most popular whole, raw cuts of meat and poultry, such as chicken breast or steak, will also have nutritional information either on the package labels or on display to consumers at the store.

“Providing nutrition information on meat and poultry products in the store gives shoppers a clearer sense of the options available, allowing them to purchase items that are most appropriate for their families' needs,” said Under Secretary for Food Safety Elisabeth Hagen. “These new labels mark a significant step in the agency’s efforts to help consumers make more informed food purchase decisions.”



The new nutrition facts panels will list the number of calories and the grams of total fat and saturated fat that a product contains. For example, consumers will be able to compare the calories and fat content for ground turkey versus ground beef, or for pork chops versus chicken breasts, right in the store. Additionally, a ground or chopped product that includes on its label a lean percentage statement, such as “85% lean,” and is not considered “low in fat” also will list its fat percentage, making it easier for consumers to understand the amounts of lean and fat content in a particular product.

Consumers with questions about the new labels or other food safety issues can "Ask Karen," the FSIS virtual representative available 24 hours a day at www.AskKaren.gov or via smartphone at m.askkaren.gov. "Ask Karen" live chat services are available Monday through Friday from 10 a.m. to 4 p.m. ET. The toll-free USDA Meat and Poultry Hotline 1-888-MPHotline (1-888-674-6854) is available in English and Spanish and can be reached from 10 a.m. to 4 p.m. ET Monday through Friday. Recorded food safety messages are available 24 hours a day.



The *Federal Register* notice announcing this rule was published on Dec. 29, 2010 and can be found at federalregister.gov/a/2010-32485. To see examples of the types of labels consumers will now see, [click here](#).

Resolving Conflict

Pamela Combes, BSE, CBE

Conflict is a part of our everyday lives. In the WIC Program, conflict is inevitable. Applicants may be found ineligible, clients may not have access to the brands of food they prefer, vendors may call about upset WIC clients and the list goes on. Even though conflict is unavoidable, it can provide opportunities. When conflict arises, it provides us with the opportunity to educate and empower our clients and vendors. Regardless, conflict resolution is stressful and often frustrating without the right conflict resolution skills. It is important to make sure that the process of conflict resolution is not only positive, but is also completely equitable and fair as well. To assist you with conflict resolution, consider the tips below.



Respect Others

You need to strive to keep your interactions respectful towards the other parties in the conflict; even if you are feeling stressed out, frustrated or hurt. You need to avoid criticizing, calling names, interrupting the other parties and so on. These things can escalate a conflict and you want to prevent that from happening.

Maintain your Composure

Control your emotions even when angry. Avoid yelling and intimidating actions. These will benefit no one, so work on redirecting your emotions elsewhere. This will help to create an environment that is safe for difference resolution. This is a **key** to conflict resolution.

Don't just Hear what is said, Listen

If other people involved in the process feel like you are acknowledging them and understanding them, then they are more likely to collaborate with you and work with you during the conflict resolution process. This will require that you focus on what is being communicated. Listen and empathize with others rather than simply waiting for your chance to respond.

Be Objective

It is critical that you avoid making assumptions and speculating. Be as objective as you possibly can. Making assumptions or basing information on speculation will close the doors of communication and prevent conflict resolution. Verification of factual information is required. The finger pointing game becomes negative and creates a hostile environment.

Focus on the Future

Aim your attention toward the future by emphasizing changes that can be made. This will increase the chance of changing in positive ways and therefore is one of the best conflict resolution tips that you can implement.

Meet Valerie Merrow



Valerie Merrow is the newest addition to the WIC State Staff and has joined the Nutrition and WIC services team as a Vendor Manager. Valerie graduated from Southwestern College in Winfield, Kansas with degrees in Business Administration and General Studies. She comes to us from the Kansas Department on Aging where she worked for 14 years providing monitoring and oversight of a variety of Medicaid funded activities and programs. She moved to Kansas in the early 80's and has officially lived in Kansas longer than her birth state of South Dakota and she loves being a Kansan! She is very excited to be on the WIC team and is very passionate about providing supports and services to those who are giving our most vulnerable Kansans a chance to thrive. Valerie enjoys the outdoors and spending time with her granddaughter. She is a member of the Kansas Society of Certified Public Managers and currently serves on the Board. Please help us welcome Valerie to our WIC team.

Sandi Fry Promoted to New Position

Sandi Fry, former WIC State Staff Vendor Manager, has been promoted to the position of Bureau of Health and Environment Program Analyst with specific assignments relating to the business applications of the KWIC System. Sandi is still available at the same WIC State office phone number and is assisting with Valerie's training process. Join us in congratulating Sandi on her new position.

Sherman County WIC + Rawlins County Dental Clinic = Smiling Clients

Rhea Daise, Sherman County WIC Coordinator



The Sherman County WIC Department has been given the opportunity to partner with the Rawlins County Dental Clinic to provide dental services for the WIC participants served in our five county area. Funding for this program comes from a grant the Rawlins County Dental Clinic was awarded that allows them to provide services at no cost to our WIC participants whether through a waiver of fees or insurance billings.

WIC participants have the opportunity to be seen by the dental hygienist from the Rawlins County Dental Clinic after their scheduled WIC appointment. Participants receive an examination, including fluoride varnish when time permits, education and when necessary, referral.

Our WIC staff recognize that this affords our WIC participants an opportunity to receive care that otherwise is limited due to our area, distance and time required to travel for dental care. We have received very positive feedback from our participants, making this a worthwhile collaborative effort between the Rawlins County Dental Clinic and the Sherman County WIC Department, reinforcing the dental health education promoted by WIC.

Local Agency News

We welcome these new WIC employees:

Barton County, Brenda Guerra, Clerk
Dickinson County, Tammy Rohrer, Clerk
Dickinson County, Annie Yungeberg, Clerk
Ford County, Barb Ham, RN
Leavenworth County, Joy Bogart, Clerk
Morris County, Tonya Carroll, RN
Norton County, McKenzie Linner, BFPC

Rice County, Shelly Davis, Clerk
Sedgwick County, Camille Cohen, Clerk
Sedgwick County, Elizabeth Phillips, RN
Shawnee County, Riley Hall, Clerk
Stevens County, Lynn Webb, Clerk
Sumner County, Cheryl Thompson, RN

Congratulations to:

Vonda Williams, RN, Reno County, on her retirement

We say goodbye to these WIC friends:

Barton County, Yesenia Garcia, Clerk
Dickinson County, Gina Anguiano, Clerk
Ford County, Maria Felts, RN

Rice County, Joleen Larkin, Clerk
Sedgwick County, Theresa Henry, Clerk



Growing healthy Kansas families



Our Mission: To protect and improve the health and environment of all Kansans.

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